

Don't fall off the smoke free waka this Christmas

Worried about falling off the smoke free waka during the busy festive season?

We know how hard it is to remain smoke free, especially during times of celebration. It is easy for old habits to creep in because we can be so busy trying to get everything done that we forget to concentrate on what we need to do for ourselves.

With that in mind, heading into the festive season, here are some tips from our Southern Stop Smoking Service team:

- Remember the secret to breaking any habit is to love something greater than the habit
- Put a plan in place
- Stay focused on the end goal
- Use Nicotine Replacement Therapy Products (if necessary)
- Go for walks with your drink bottle
- Talk to somebody – phone a friend.

The Southern Stop Smoking Service provides free Southern wide service offering community group clinics and one-on-one support with eight site coaches operating across the Southern region.

To get in touch with us phone 0800 925 242 or go online www.stopsmokingservice.co.nz

The service will be closed from 23 December 2022 to 09 January 2023. If you are in need of support during this time, please contact Quitline on 0800 778 778.



Stop Smoking Coach Jude Cresswell, Southern Stop Smoking Service Manager Teina Wilmshurst, and Stop Smoking Coach Rachel Chalmers

Free, legal and discreet drug checking available this summer

Confidential



Fact based



Legal



Get it checked!

Te Whatu Ora
 Health New Zealand
 Southern



KNOW YOUR STUFF
 NZ

This summer people who choose to take drugs can have their substance checked by KnowYourStuffNZ – a free, legal, and discreet drug checking service.

KnowYourStuffNZ reduces drug-related harm by providing factual, –proven information to people who take drugs about their substances so they can understand the risks and make safer decisions.

“We’ve been operating since 2016, and found that when we tell people that their substance is either not what they thought it was, or contains additional unexpected substances, more than half will actively choose not to take it,” says KnowYourStuffNZ’s Dr Brin Ryder PhD.

This helps reduce people needing medical care after taking a substance that wasn’t what they thought it was.

In the 2020–21 summer only 69% of substances tested were what people thought they were.

This is the lowest proportion to date since KnowYourStuffNZ has been running drug checking clinics.

If you or someone you know plans to take drugs this summer, definitely get them checked.

KnowYourStuffNZ’s work is supported by health services, NGOs, and police. It is recognised as integral harm reduction work. It is run in the spirit of confidentiality and evidence based, credible science.

For more information visit www.knowyourstuff.nz

Te Whatu Ora staff celebrated with breakfast, lunch and laughs

Over 2000 Te Whatu Ora Dunedin Hospital staff enjoyed a free breakfast and lunch thanks to the generosity of the Rapid Relief Team (RRT) – an international volunteer organisation which supports communities and emergency services on the frontline.

From 6:30am on Friday 2 December, staff were able to enjoy breakfast butties, fruit cups, and a bottle of water, followed by a lunch session with burgers and a sweet treat.

This is the third event the RRT have hosted for Te Whatu Ora Southern in the past two months, providing a free breakfast and lunch for Southland and Wakari Hospital staff in November.

“We know how hard Te Whatu Ora staff have worked throughout the pandemic, and this was our way of saying thank you,” says Rapid Relief Team Leader James Rawnsley.

“Many of our volunteers have had whānau in hospital treated by some amazing medical professionals, so it was wonderful to be able to be able to give back in this way.”

Te Whatu Ora Interim Regional Director Hamish Brown says the event was a great success.

“The energy, the smiles and the gratitude really came through on the day,” says Hamish. “Our staff were able to take a few minutes to be greeted by a team of warm and friendly volunteers, and walk away with some lovely kai to enjoy.”

“We are beyond grateful to the RRT for their generosity of spirit and big hearts.”



Te Whatu Ora Radiation Therapist Leanne Hammer enjoyed a free breakfast thanks to the Rapid Relief Team

\$52k boost for Southern Lakes mental wellbeing initiatives this summer

An extra \$52,000 is being invested in initiatives to improve mental wellbeing across Southern Lakes communities this summer.

Te Hau Toka Southern Lakes Wellbeing Group has supported 54 groups via its latest Connecting Communities funding round, with each receiving up to \$1,000 to help facilitate community-led activities.

Recipients included the Fiordland Community Kai volunteering initiative, Age Concern's brain health seminar for over 65s, Cromwell Community House Christmas BBQ for vulnerable older residents, LUMA wellbeing workshops for schools, Happiness House gardening group materials, MINT Trust's music therapy workshop for Central Otago people with intellectual disabilities, and Head Light Trust's 'Let's Chalk about Mental Health Queenstown' project, as well as various cultural get-togethers and community Christmas events. A full list is available online.

Adell Cox, Chair of the Te Hau Toka Southern Lakes Wellbeing Group, was delighted to see another surge of fresh

ideas in this round, particularly from cultural groups across the region.

"It's wonderful to see different cultures focusing on how they can bring their communities together and support each other in a way that works uniquely for them. But there are still common themes around celebrating diversity, welcoming newcomers to the region, forming stronger networks, and creating forums to openly discuss issues that affect their mental health and wellbeing.

"We're also thrilled to support more Māori hauora initiatives in this round including three free hui for men's hinengaro/mental wellbeing in Queenstown and a Te Ao Māori workshop which builds on the Five Ways to Wellbeing, Te Whare Tapa Wha and Dr Rose Pere's principles," says Ms Cox.

Kahu Youth Trust manager Anna Sutherland says they'll be putting their funding towards a welcome event at the new youth space at Lake Hāwea Community Hall on Friday 9 December.

"It's a great way to bring the



Kahu Youth Trust rangatahi

community together, build connections and create a sense of belonging for rangatahi. They can also meet our Youth Development Workers and start building trust, knowing that these are safe adults who they can go to for support through life challenges. We'll also be sharing information about the new drop-in service at Hāwea and our mentoring and youth development programmes."

Te Hau Toka introduced the Connecting Communities fund a year ago as part

of its efforts to combat the ongoing negative effects of COVID-19. Since then, there have been four funding rounds, 185 recipients and nearly \$180,000 injected across Queenstown, Wānaka, Cromwell, and Fiordland to help people improve mental wellbeing, social connection and resilience in their own communities.

For more details about the fund or other Te Hau Toka initiatives, visit www.southernhealth.nz/tehautoka

Secret Santa inspires annual donation

Each year instead of an office Secret Santa, the team at the Care Coordination Centre in Dunedin put money towards gifts for a different charity each year. This year they donated two large boxes full of food and gifts to the Salvation Army. The Salvation Army was really pleased to receive the donation - especially with gifts that can be given along with food to people in need.



The Care Coordination Centre team kindly donated gifts to the Salvation Army

Staying COVID free over Christmas

'Tis the season to share good times and celebrate with whānau and friends. It's the time of the year when we visit our loved ones, share food and festivities, and holiday around the country.

Unfortunately, this year COVID-19 is still widespread in our community. We know cases are rising in our region and at the moment our older loved ones over the age of 65 are being affected the most.

To protect our tīpuna, our grandparents, and all our vulnerable loved ones, and keep Christmas COVID free, here are a few easy things we can do so that we can spend the festive season together safe and healthy:

- Wear a mask when out and about. This is the easiest way to stop the spread
- Get up to date with your booster shots
- Feeling unwell? Take a RAT test
- Test positive? Report your RAT, stay home and isolate for 7 days.
- Someone in your household has COVID-19? Consider staying home if you can and if you must leave the house, wear a mask.

These are some simple, easy steps to keep our loved ones healthy and COVID free this festive season. Find everything you need to have a COVID free festive season and a safe as summer over at covid19.govt.nz

Children's Unit spreads Christmas cheer at Santa Parade



Floating into Christmas: The Te Whatu Ora Paediatric Outpatients Unit were thrilled to participate in the recent Santa Parade with their very own float! "We had a very special driver - New Zealand rugby legend Waisake Naholo, but the stars were the children on the float, many of whom were patients and former patients and their whānau," says Te Whatu Ora Service Manager - Women and Children, Laurie Kenny.

